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PAGE 12

**WAVES  
COFFEE**  
*at home*

#PAIRSWITH  
*Early mornings*

**WAVES  
COFFEE HOUSE**



**'HE DIED DOING  
SOMETHING HE LIKED'**

Friends say Greg Di Valentin, 38, was a recently engaged outdoor enthusiast who was constantly honing his backcountry skills and knowledge. The Calgary man died over the weekend after being buried in an avalanche while backcountry skiing in Banff National Park, north of Lake Louise. For the story, see page 4. CONTRIBUTED

# Another MLA defects from PC caucus

**Moving out.** Donna Kennedy-Glans, associate minister for electricity, quits Redford's team to sit as an Independent

**Quoted**

"We've had conversations about the premier's leadership for months now. I am just one person. I have to make my choices. I'm not here to bring down anyone." Donna Kennedy-Glans

Alberta Premier Alison Redford was asked point blank in the legislature Monday if she still has the support to be leader.

The response was a standing ovation from her Progressive Conservative caucus — and from the Opposition Wildrose party too.

NDP Leader Brian Mason asked the question as the premier continued to deal with strife in her caucus.

Just hours earlier, Donna Kennedy-Glans, associate minister for electricity, quit Redford's team to sit as an Independent.

Kennedy-Glans, member of

the legislature for Calgary Varsity, cited the inability to create change from within the party and a culture of entitlement as reasons for her departure.

But she did not criticize Redford by name.

"This is not just about leadership," Kennedy-Glans told reporters in Calgary. "This is about how our party functions and whether change from within is possible."

"We've had conversations about the premier's leadership for months now. I am just one person. I have to make my choices. I'm not here to bring down anyone."

Kennedy-Glans was the associate minister for electricity and renewable energy. She will sit as an Independent.

Redford has been facing increasing unrest within her caucus, fuelled by concerns over her leadership style and a \$45,000 trip to South Africa.

Last week, Calgary backbencher Len Webber also quit the Tory caucus, calling Redford a bully and "not a nice lady." On Friday, the president of a Progressive Conservative riding association in northeast Edmonton said Redford must resign or the party will lose the next election. **THE CANADIAN PRESS**

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# As school wish list goes public, trustees keep their cards close

**Calgary Board of Education.** Trustees issue nearly identical refusal messages



**JEREMY NOLA**  
jeremy.nola@metronews.ca

Four Calgary trustees declined or didn't respond to interview requests on a school capital plan Monday, despite some having projects ranked in the upper tier of the highly debated wish list.

"In meetings for the day," wrote Calgary Board of Education trustee Lynn Ferguson in an email response. "Looking forward to the good discussion at the board meeting tomorrow."

Ferguson represents the community of Saddle Ridge, which has a second elementary school ranked No. 3 on the plan, and the community of Martindale, which has an elementary ranked No. 6.

Her colleague Joy Bowen-Eyre offered much the same in an email sent a few min-

utes later: "In meetings for the day. I am looking forward to the questions and debate at tomorrow's meeting."

Bowen-Eyre represents parents in both Evanston, which has a middle school proposed at No. 9, and in Harvest Hills, which has a kindergarten-to-Grade 9 facility proposed at No. 10.

The CBE hopes all four of those projects and six located elsewhere in the city are approved by the province in the coming year. Overall, the 2015-2018 capital plan calls for 23 new facilities to be approved on top of 12 already given the go-ahead.

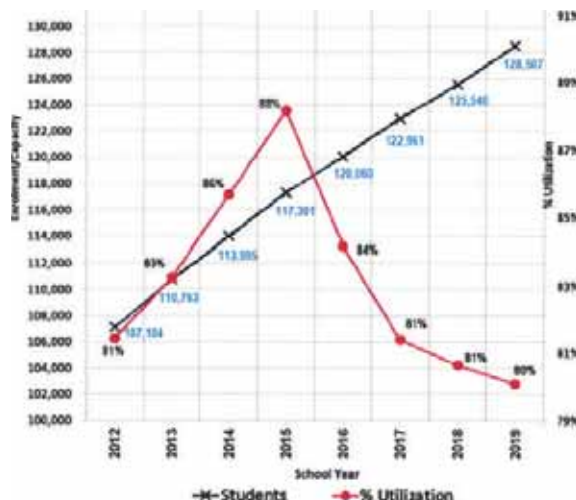
The requests come as public officials contend with 3,000 or more additional students each year.

Trustee Judy Hehr also declined to take questions.

"Looking forward to the discussion at the board meeting," she said in an email.

Calls were also placed to all board members. Trustee Pamela King could not be reached by press time.

But her recent comments about the capital plan, officially made public Monday, have



This graph, included in the CBE's capital plan, illustrates the organization's projected growth and total school utilization rate in the coming years if it were to receive all the schools requested from the province. METRO FILE

set off a firestorm of criticism in recent weeks among parents lobbying for their schools to be ranked higher on the list, which serves as a guiding document to provincial officials when it comes time to approve new infrastructure projects.

"It's not a huge timeline, but this particular point in the process is not the time for the feedback," King said on March 4. "This is the document as it is. Any feedback that we would get isn't going to influence the actual decision of the capital plan."

Her comments came in response to criticism from parents that the board publishes the capital plan one day before it is generally approved.

The same four trustees not available for interviews also deemed a move by peer Amber Stewart that would have seen the wish list published two weeks early "out of order."

Stewart was reached Monday and said she has many questions to raise about the document, including some about the ranking formula, which uses a point system to determine greatest need.

"For example, what happens if schools are tied?" she asked.

Fellow trustee Trina Hurdman, meanwhile, raised questions about changes to the formula that were implemented last year and discussed by the former board of trustees in private.

"Really, the capital plan is just plugging numbers into a formula," Hurdman said. "What (parents) really need to weigh in on is whether that formula is correct... They should have input on it before the trustees approved it."

## Should Alta. match tough distracted-driving bill?



7,191 distracted-driving summons were issued last year — up about 10 per cent from 2012, the first full year of Alberta's relevant law. METRO FILE

As Ontario pushes forward some of Canada's stiffest distracted-driving penalties, safety advocates are urging Alberta lawmakers to crack down on inattentive motorists.

In a sweeping road-safety bill tabled Monday, Ontario's governing Liberals moved to jack up the maximum distracted-driving fine to \$1,000 and

add three demerit points.

That drew applause from the head of the Alberta Centre for Injury Control and Research, who contended changes are needed here "as soon as possible" because a \$172 fine isn't enough of a deterrent.

"We know that demerit points usually bring along changes in behaviour — and

increased fines will, too," said Don Voaklander. However, he conceded, "this is a government that doesn't like to legislate behaviour. They'll give education a long, long trial."

Police Chief Rick Hanson has backed adding demerits, although Alberta's transportation ministry has signalled fine increases are the next step.

Pedestrian advocate Kim Jones welcomed any improvements to traffic-safety laws, stressing a need for motorists to keep their eyes on the "entire roadway."

"I think the key is enforcing them, though, and that the punishment actually be a deterrent," Jones said.

BRYAN WEISMILLER/METRO

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Greg Di Valentin is shown in this photo, one of several images of his outdoor adventures, on the Calgary Outdoor Recreation Association meetup website. MEETUP IMAGE

# Greg Di Valentin was taken too soon, say his friends

**'He died doing something he liked.'**  
The outdoorsman had just gotten engaged at Christmas



**ROBSON FLETCHER**  
robson.fletcher@metronews.ca

Greg Di Valentin was a recently engaged, enthusiastic outdoorsman who was constantly working to improve his backcountry skills, say friends of the 38-year-old Calgary man who died in a weekend avalanche.

"He was a very active out-

door fellow, quite eager to learn and to expand his involvement and knowledge about the outdoors," said Rob Omura, past secretary of the Calgary Outdoor Recreation Association.

"He was a quiet guy, but friendly," Omura added. "Over the past couple of years that I've known him, he was active and active in learning. He was constantly trying to improve his understanding of safety issues."

Luc Lavictoire was close friends with Di Valentin growing up in Ottawa, and remembered his high school friend as being more into cars and F1 racing at that age.

Skiing, hiking and outdoor

recreation became more of a passion for Di Valentin as an adult, when he moved west and closer to the mountains.

"He died doing something he liked, but at the same time, he was only 38 years old and he recently got engaged at Christmas, so it was a real shock for the people here in Ottawa," Lavictoire said.

Di Valentin was backcountry skiing in a group of four when he was completely buried by an avalanche in the Helen Shoulder area south of Num-Ti-Jah Lodge, in Banff National Park, according to police accounts.

His friends, all experienced skiers equipped with avalanche equipment, were

able to locate him with transceivers, dig him out, and flag down a vehicle to call for help.

He suffered critical injuries and was airlifted to Calgary's Foothills Hospital, where he underwent surgery, but died Sunday evening, Lake Louise RCMP confirmed.

Omura said Di Valentin had recently developed a love for backcountry skiing, in particular, and the "different experience" it offers from alpine skiing at a busy resort.

"You're just not going to get that on a ski hill," he said. "Unfortunately, there's a risk factor. It's part of the trade off of enjoying the outdoors like that."

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# Calgary Transit to add 20 new bendy buses

**Price tag: \$12M.** Buses will likely cater to rapid-transit routes where passengers cram into standard 40-footers, says transit fleet manager

because there will be more stretched-out, accordion-style buses on city streets.

Calgary Transit declared earlier this month it's adding 20 more of the so-called "articulated" buses in 2014 for a total cost around \$12 million.

Transit fleet manager Russell Davies told Metro the new buses will likely cater to rapid-transit routes where passengers would be hard-pressed — literally — to cram into the stan-

dard 40-footers.

"Based on the ridership we have on certain routes ... the capacity dictates the 60-foot bus is what's needed," Davies said Wednesday.

The new rides are expected to be rolled out sometime after July's Stampede.

"The entire order is expected to take about six weeks," Davies said. "It's a fairly short run so over that six-week period all 20 will be released."

As has become the new norm, the new rigs will include air-conditioning, bike racks and stair-less entry. Transit officials have also claimed the modern rides are more environmentally friendly.

Davies noted they're nearly identical to the 150 New Flyer models that started hitting the road late last month. That expansion rang in at about \$60 million.

BRYAN WEISMILLER/METRO



Calgary Transit fleet manager Russell Davies METRO FILE



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## Haiti, Day 1: Calgary councillor starts south

I leave (Monday) afternoon for 13 days in Haiti.

While that might not seem like a big deal, it was exactly two weeks ago I found out I was going.

It's since been a mad scramble; check to see if immunizations are up to date, make sure that I have the right clothing, and read all the background documentation for the project that I'm going to work on.

**Online**

For the full blog post, and to find out what Coun. Pincott will be doing abroad, visit [metronews.ca](http://metronews.ca).

Let's be clear, Haiti is not a country that evokes images of luxurious relaxing holidays.

It's a challenged country with a long history of poverty.

And that was before the devastating earthquake of 2010.

In that 35 seconds when the ground shook buildings off their foundations in the densest part of the country, progress was thrown back decades.

**WARD 11 COUN. BRIAN PINCOTT/ FOR METRO CALGARY**

**Fort Chipewyan**

### RCMP help deliver baby

Responding to a medical emergency in Fort Chipewyan, local RCMP helped deliver a baby Saturday night.

Upon arriving to a residence at 2:45 a.m., the two constables found a female in labour who couldn't be transported to the local nursing station. Staying on scene, the pair helped deliver the baby without complication.

**METRO**

## 'Serious condition.' Police on the hunt for tips in Kensington hit-and-run

Police issued a call for tips Monday in a serious hit-and-run in the trendy Kensington area.

On March 8, officers were called to a parking lot in the 300 block of 10 St. NW at about 11:30 p.m. after reports a man was injured.

"The man had injuries consistent with a pedestrian collision and was taken to hospital in serious condi-

**Cops seeking help**

Police urge anyone with information to call them at 403-266-1234, or Crime Stoppers anonymously at 1-800-222-8477.

tion," the Calgary Police Service said in a news release. **METRO**



## Sport. Canadian Soccer Association approves pro-calibre Calgary team

Calgary looks to be in the clear when it comes to netting a competitive soccer franchise in 2015 after getting the nod from federal authorities.

Earlier this month, the Canadian Soccer Association approved the Calgary Foothills Soccer Club's request to join the Premier Development League.

"They support anything that raises the standard of soccer in this country," said Foothills technical director Tommy Wheeldon Jr.

Pending paperwork, it paves the way for a soccer pipeline between Calgary and Major League Soccer — the highest level of play in Canada and the United States.

Foothills plans to play a series of friendly matches in 2014, facing off against FC Edmonton's reserve squad in "the battle of Alberta" at least four times. Talks are also underway with the Vancouver Whitecaps U-23 team.

"It'll be great for the kids to see an MLS franchise over



Calgary Foothills Soccer Club's technical director Tommy Wheeldon Jr. CONTRIBUTED

here," Wheeldon said.

"We don't want to go into the 2015 season blind to the level (of competition)."

It's the latest iteration of competitive soccer in Calgary after short-lived experiments with the Storm and Mustang teams of the early- to mid-2000s. Wheeldon has expressed confidence this team has a stable financial foundation. **BRYAN WEISMILLER/METRO**

# Big Rock Brewery answers PM's call for big games



Bob Sartor, president and chief executive of Calgary's Big Rock Brewery, says he didn't even know Prime Minister Stephen Harper drank beer, let alone that he is a fan of the brewer's Traditional Ale. CONTRIBUTED

**Sochi.** Local beer maker was involved in Olympic hockey bet between Harper and Obama

Bob Sartor admits it's not every day his team at Big Rock Brewery fields a call from the prime minister's office.

But that's exactly what happened on the eve of two big-ticket Olympic hockey games last month pitting Canada's best men and women against the Americans.

In a bid to up the ante ahead of the Sochi showdowns, Prime Minister Stephen Harper and U.S. President Barack Obama wagered a case of beer on each game.

Harper's brews of choice? An offering from eastern Ontario brewer Beau's and Big Rock's Traditional Ale.

"They said they needed some beer — of course, we were more than happy to pro-

vide the cases required for the bet should the Canadian team lose," said Sartor, president and chief executive of the Calgary-based brewer.

Harper's suds of choice for the bet were publicly unveiled via a post from his official Twitter account last week.

But it's likely the Trad never hit Obama's lips, as Canada triumphed in both the men's semifinal matchup with the U.S. and the women's gold-medal game.

Sartor said it was fun to be included in the beer diplomacy regardless of the result.

"From my perspective, I think it's a nod to the fact that we're still the oldest independent craft brewer in the country."

After the losses, Obama offered up two cases of White House Honey Porter, which, according to reporters, were delivered by a representative with the National Security Council to Canada's U.S. Ambassador Gary Doer. **JEREMY NOLAIS/METRO**

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The results of one of three measures taken at speedtest.net by a volunteer in Olds on the town's O-Net service. SCREENSHOT

# Olds 'gigabit' service outpaces Calgary ISPs on upload side

**Waiting list.** O-Net has more than 200 customers in Olds waiting for fibre-optic installations once ground thaws



**ROBSON FLETCHER**  
robson.fletcher@metronews.ca

Their town may be small, but their pipeline to the Internet is big.

The 8,500 people who live in Olds have access to upload speeds that most of Calgary's million residents could only dream of, at least according to speed tests carried out by volunteers in both municipalities.

Olds' community-owned Internet service provider, O-Net, made headlines around the world last summer for turning the community into Canada's "first gigabit town" by offering a full gigabit (1,000 megabits per second) of bandwidth to customers.

But just how fast is the service, in practice?

Brooklin Schneider, an O-Net subscriber, ran three tests at different times of day and submitted her results to Metro, which were then averaged out and compared to similar tests taken on a standard-level service from Telus and a top-tier service from Shaw in Calgary.

Her downloads came in

## Comparison

Average of Speedtest.net results (latency/download/upload):

- Telus standard service (Calgary): 25 ms/16.82 Mbps/2.79 Mbps
- Shaw top-tier service (Calgary): 20 ms/73.98 Mbps/5.42 Mbps
- O-Net gigabit service (Olds): 33 ms/8.63 Mbps/23.34 Mbps

slower than the Calgary services, but her upload speeds were several times faster.

Nathan Kusiek, O-Net's operations manager, said the company makes a point of providing "symmetrical" service, meaning you get the same bandwidth whether you're sending or receiving information.

"People really seem to appreciate that," he said. "They like having the upload (speed), so it doesn't bottleneck them."

For Schneider, the difference is noticeable after switching from an asymmetrical ISP.

"I can sit anywhere in my house and have as many devices connected as I want," she said. "I can be streaming video, I can be uploading and downloading. It's become a challenge to see if we can get it to max out, and we haven't succeeded yet."

## Apologized on Twitter

### Anti-bullying minister won't be turfed for publicly mocking colleague

It appears that Alberta's anti-bullying minister will not be turfed for publicly mocking one of her colleagues.

Alison Redford is dismissing opposition suggestions that Sandra Jansen be fired from her family and com-

munity safety portfolio.

Redford says people say unfortunate things in the heat of the moment and points out Jansen has apologized.

On Friday, Jansen criticized Len Webber, a caucus colleague who quit, saying Redford abuses and bullies those around her. Jansen told a national TV program that if Webber was uncomfortable with the rough and tumble of politics, maybe he should "go back to being an electrician."

THE CANADIAN PRESS

## Hit by falling rock

### Man who died at B.C. mine named as water truck driver from Alta.

The British Columbia coroners' service has identified Miles Lorenz of Alberta as the man who died in an industrial accident at the Teck Coal Mountain mine on Sunday.

The coroners' service says the 59-year-old water truck

driver from Coleman was filling his truck with water at the Sparwood, B.C., mine when he was hit by falling rock. Lorenz was taken to a hospital in Alberta, but he could not be resuscitated.

B.C.'s Mines Ministry said in a written statement issued Sunday that no other workers were injured.

The coroners' office says it is investigating the death along with the RCMP and the provincial inspector of mines.

THE CANADIAN PRESS



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## Rural Manitoba. Seven-year-old girl mauled to death by two dogs

A seven-year-old girl is dead after being mauled by two dogs at a rural Manitoba home.

RCMP spokeswoman Tara Seel said officers responded to a call Sunday in the Rural Municipality of Springfield. The girl was rushed to a Winnipeg hospital where she was pronounced dead.

The girl, who was from the Rural Municipality of St. Andrews, was visiting family friends at the time of the attack, Seel said.

"Two Alaskan malamute dogs were seized and are being held by RM of Springfield animal control while the investigation continues," she said Monday. "It should be noted that the dogs were known to the deceased. This was not a random attack."

The girl's name and exact cause of death were not be-

ing released, Seel said. It's not clear what prompted the attack, she added.

The girl was being supervised by an adult but it doesn't appear anyone witnessed the mauling, Seel said.

"This is just a tragedy all around and you never like to hear about this type of thing. You feel for everyone involved."

Charges are not being ruled out.

"We're still in the thick of the investigation," Seel said.

Bill McDonald, CEO of the Winnipeg Humane Society, said malamutes are traditionally sled dogs that can weigh anywhere between 36 and 45 kilograms. They are generally known as a friendly breed, but he said there have been cases where malamutes have fatally attacked children before.

THE CANADIAN PRESS

# N.Y.C. mayor skips St. Pat's parade amid tension over gays

## Parade organizers.

They said gay groups are not prohibited from marching, but can't carry signs

New York City's St. Patrick's Day parade stepped off Monday without Mayor Bill de Blasio marching along with the crowds of kilted Irish-Americans and bagpipers amid a dispute over whether participants can carry pro-gay signs.

The world's largest parade celebrating Irish heritage set off down Fifth Avenue on a cold and grey morning, the culmination of a weekend of St. Patrick's Day revelry.

De Blasio held the traditional St. Patrick's Day breakfast at Gracie Mansion with the Irish prime minister, Enda Kenny, but was boycotting the parade, which doesn't allow expressions of gay identity. Boston's new mayor, Martin Walsh, also opted out of that city's parade Sunday after talks broke down that would have allowed a gay veterans group to march.

Guinness beer abruptly dropped its sponsorship of New York's parade on Sunday over the controversy. The Dublin-based company has pulled sponsorship assets, including on-air presence,



In this Friday, March 17, 2006 file photo, members of the Irish-American gay community protest the exclusion of gay expression from the annual St. Patrick's Day Parade in New York. DIMA GAVRYSH/THE ASSOCIATED PRESS

parade participation and any promotional materials that weren't already printed, although the beer maker had already made a payment to parade organizers, spokeswoman Alix Dunn said.

Other beer companies earlier joined the boycotts, with Sam Adams withdrawing its sponsorship of Boston's parade and Heineken following suit in New York. That leaves Ford as the last remaining major sponsor of the Manhattan parade.

Parade organizers in New York have said gay groups are not prohibited from marching, but they are not allowed to carry gay-friendly signs or identify themselves as LGBT.

For the second year running, Dublin's major parade was including groups from Ireland's gay-rights groups, Dublin Pride and BeLonG To. Gay groups are a big part of the Dublin community dance groups, which wear flamboyant outfits and feature in each year's Dublin parade.

While New York's Irish people, their descendants and the Irish-for-a-day planned to revel in the celebration of culture on Monday, de Blasio's decision to skip the parade underscores lingering political tensions over gay-rights issues in the United States. Kenny, however, refused to be sidelined, saying he'd join the procession Monday in Manhattan because the holiday is about Irishness, not sexuality.

THE ASSOCIATED PRESS

## Documents. Military rejected Canada Day Afghanistan tribute

Military planners have treaded delicately on how best to remind the country of the sacrifices of Canadian Forces members in Afghanistan, raising concerns about potential political and public sensitivities, newly released documents show.

That led military brass to ultimately recommend abandoning plans for a noon-time ceremony on Parliament Hill this coming Canada Day that would have commemorated the mission.

Inside the Defence Department, preparations are under way for a series of war

commemorations aimed at making sure Canadians never forget the 12 years that their military personnel spent in the war-ravaged country, where 158 of them died.

Documents obtained by the Liberal party under the Access to Information Act show that "Operation Distinction" — a campaign mandated by Prime Minister Stephen Harper — is proposing a series of high-profile events in the coming years to help celebrate Canada's 150th birthday in 2017.

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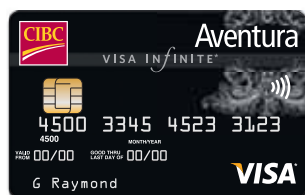
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# West hits Russia with sanctions over Crimea

## Tensions rising.

Ukraine's president activates thousands of military reservists as Russian troops mass near its border

Russian President Vladimir Putin recognized Crimea as a "sovereign and independent country" Monday, just hours after the strategic Black Sea peninsula declared it had broken away from Ukraine.

The moves triggered the toughest Western sanctions against Russia since the Cold War — with Washington and the European Union retaliating with asset freezes and travel bans and U.S. President Barack Obama vowing to "increase the cost" if the Kremlin does not back down.



U.S. President Barack Obama  
THE ASSOCIATED PRESS

Ukraine's turmoil has become Europe's most severe security crisis in years and tensions have been high since Russian troops seized control of Crimea, which decided in a Sunday

referendum to merge with Russia. Putin signed a decree recognizing Crimea's independence, and Russian troops were massed near the border with Russian-speaking eastern Ukraine.

Ukraine's acting president raised tensions on the ground by calling for the activation of some 20,000 military reservists and volunteers and for the mobilization of another 20,000 in the national guard.

The U.S., EU and Ukraine's new government do not recognize the referendum held Sunday in Crimea, which was called hastily as Ukraine's political crisis deepened with the ouster of President Viktor Yanukovich following months of protests and bloodshed. In addition to calling the vote itself illegal, the Obama administration said there were

"massive anomalies" in balloting.

A top Russian official hit by sanctions mocked Obama.

"What should those who have neither accounts nor property abroad do? Have you not thought about it?" Deputy Prime Minister Dmitry Rogozin tweeted. "I think the decree of the President of the United States was written by some joker."

The Crimean parliament declared that all Ukrainian state property on the peninsula will be nationalized and become the property of the Crimean Republic. It gave no further details. Lawmakers also asked the United Nations and other nations to recognize it and began work on setting up a central bank with \$30 million in support from Russia.

THE ASSOCIATED PRESS



An elderly woman speaks to a Russian military man outside a Ukrainian military voted overwhelmingly Sunday to secede from their country and join Russia.

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base on Monday in Simferopol, Ukraine. Voters on the autonomous Ukrainian peninsula of Crimea  
DAN KITWOOD/GETTY IMAGES

#### The view from home

## Harper: 'We must keep the pressure on' Russia

Prime Minister Stephen Harper says Canada will impose more sanctions on Russia as a result of Sunday's vote in Crimea to secede from Ukraine.

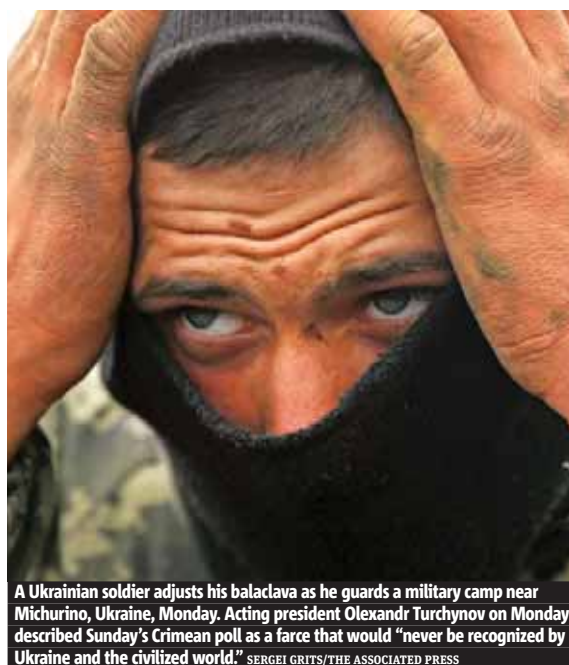
Harper said Monday that the result of the so-called referendum is illegitimate and was conducted under an illegal occupation.

Harper said his government will be announcing more economic sanctions and travel restrictions on "senior people" in Russia and Ukraine, and "in Crimea specifically."

He made the announcement prior to meeting Vadym Prystaiko, the Ukrainian ambassador to Canada.

"It's my strong belief we must keep the pressure on and we must continue to maintain sanctions and maintain putting in place strong steps to dissuade this behaviour," Harper said. "What the Putin regime has done cannot be tolerated and can never be accepted."

THE CANADIAN PRESS



A Ukrainian soldier adjusts his balaclava as he guards a military camp near Michurino, Ukraine, Monday. Acting president Oleksandr Turchynov on Monday described Sunday's Crimean poll as a farce that would "never be recognized by Ukraine and the civilized world." SERGEI GRITS/THE ASSOCIATED PRESS

#### What's next?

- A delegation of Crimean lawmakers was set to travel to Moscow on Monday for negotiations on how to proceed. Russian lawmakers have suggested that formally annexing Crimea is almost certain — with one saying it could happen within days.
- The Crimean referendum could encourage rising pro-Russian sentiment in Ukraine's east and lead to further divisions in the nation of 46 million.
- In Kyiv, acting president Oleksandr Turchynov vowed that Ukraine will not give up Crimea.

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# Moon mining: The 21st century gold rush

## What's up there

- H<sub>2</sub>O. Used for drinking and, when separated into hydrogen and oxygen with a little electricity, as rocket fuel.
- Rare earth minerals — platinum, rhodium, gold. Not just bling, platinum group metals are used as catalysts in solar panels. Right now their cost is one of the barriers to making cheap solar cells.
- Helium-3. A potential radiation-free fuel for nuclear energy production.

**Building an economy in space.** Many elements that are rare on Earth can be found aplenty on the moon

STEPHANIE ORFORD

For Metro in Vancouver

Five years ago, if you had brought up moon mining among geologists, “you would have been laughed out of the room,” said Gordon Osinski, founder and director of the Canadian Lunar Research Network, and an assistant professor of geology at the University of Western Ontario.

Times have changed. Mining on the moon and on asteroids, formerly the stuff of science fiction, is clearly in the sights of governments and, increasingly, private companies.

In February, NASA announced it was accepting applications from U.S. companies to build robots for lunar prospecting, a step toward creating an economy in space.

And there's certainly a market for what's up there. Many elements that are rare on Earth can be found aplenty on the moon. Satellite imaging has shown that the top 10 centimetres of regolith (moon soil) at the south pole of the moon

## Mission: 2018

### Canada at a crossroads

Moon and asteroid mining is an opportunity Canada cannot afford to miss out on, according to Dale Boucher, CEO of Deltion Innovations.

Boucher's Sudbury, Ont.-based company has developed a drill for extraterrestrial prospecting. In March 2012, NASA invited the Canadian Space Agency to provide Deltion's drill system and a rover vehicle for a proposed lunar prospecting mission in 2018.

The Canadian government must now decide whether to fund this.

The mission would research in-situ resource utilization — small-scale extraction and refining of resources that are used on the spot. These technologies, including Deltion's drill, could be adapted to larger-scale operations.

The 2018 prospecting mission would sample the south pole of the moon for water ice, and would be the first-ever mission to the moon that would have a “mining flavour,” said Boucher. Water



Testing of Deltion's DESTIN drill in frozen lunar simulant. CONTRIBUTED

is an important first step, he explained. When split into oxygen and hydrogen, it's a fuel that can be used to power further exploration.

“Canada is at a crossroads right now and the next few months will be very telling.”

## Nuclear energy

## He-3

## Q&A

### Helium power

Over billions of years, solar winds have embedded helium-3 into the top 10 centimetres of the moon's soil. Researchers believe helium-3, which is scarce on Earth, may be the key to fueling sustained, large-scale nuclear fusion reactions that could power cities. Nuclear fusion, the fusing of atoms, is different from current nuclear power plants, which run by nuclear fission, the splitting of atoms. Existing plants split radioactive isotopes of uranium, producing hazardous waste. Not a problem with helium-3, as it is not radioactive.

If reactors get past the research stage, helium-3 could provide the first-ever fuel for nuclear-energy production that doesn't pose a risk of radiation.

“I think it is a question of when, not if.”

However, the Canadian Space Agency has no plans for large-scale extraterrestrial resource extraction, says Osinski.

### Changing the mass of the moon

Gordon Osinski is the founder and director of the Canadian Lunar Research Network and an assistant professor of geology at the University of Western Ontario.



Osinski

**If we change the mass of the moon by extracting all these resources, will this affect our tides or have other gravitational effects?**

It would have to be a huge fraction of the entire mass of the moon that you'd have to remove. A big part of my research studies meteorite impact craters and there are giant holes in the moon from asteroids and comets hitting it. None of those impact events have had an effect on the moon's rotation.

**Could mining change the way we see the moon from Earth?**

You'd have to do it on such a large scale to ever be able to see it from the earth.... Maybe in 1,000 years time it'll be a discussion point.

appears to hold about 100 times the concentration of gold of the richest mines in the world, according to a recent paper co-authored by Dale Boucher, the CEO of Deltion Innovations, based in Sudbury, Ont.

“There is a business case now for mining (on the moon) as an economic activity,” said Boucher.

So why was the idea laughable five years ago? Getting off this planet is a herculean challenge, technically and economically. “Some of the present estimates are that a one-litre bottle of water soft-landed on the moon would cost about a

quarter of a million dollars,” said Boucher.

But companies are working quickly to reduce that cost. Companies like SpaceX, which streamlines the production and usage of its space vehicles to make them economically viable, are showing that private businesses can get into space more cheaply and efficiently than countries can.

Once you've landed on the moon, you're confronted with more challenges. The ground temperature is -200 C, there's no atmosphere and solar radiation can damage equipment.

Not all the difficulties are

technical, however. If lunar resource extraction becomes an international activity, there may be conflict over who owns those riches.

In 1967, two years before the first humans landed on the moon, the United Nations created the Outer Space Treaty, but that agreement was vague on resource extraction.

“Those policy and legal issues are going to be as challenging as the engineering,” said Osinski.

Despite its challenges, he anticipates that mining on the moon and asteroids will become a reality in 10 to 20 years.

## Why stop at mining?

According to Osinski and Boucher, the moon could also be home to:



### Rocket fuelling stations

Stations that extract water could split H<sub>2</sub>O to produce oxygen and hydrogen, fuel for missions venturing farther out into space.

### Long-range telescopes

The darkness on the far side of the moon would allow telescopes to see even deeper into the universe than the Hubble.



### Advertising opportunities

If astronaut Chris Hadfield can tweet a picture of himself from space, more extraterrestrial product placement is likely on the horizon.



### Space hotels

“To me, one of the most iconic images ... is just that image of Earth from the moon,” said Osinski. “I think people would probably just pay for that.”





# Scientists find Big Bang's 'smoking gun'

**'You can see back to the beginning of time'. Expert believes finding is among the greatest discoveries over the last 25 years**

The universe was born almost 14 billion years ago, explod-

ing into existence in an event called the Big Bang. Now researchers say they've spotted evidence that a split-second later, the expansion of the cosmos began with a powerful jump-start. Researchers reported Monday that they found this evidence by peering into the faint light that remains from the Big Bang.

For their research, astronomers scanned about 2 per

cent of the sky for three years with a telescope at the South Pole, chosen for its very dry air to aid in the observations.

They were looking for a specific pattern in light waves within the faint microwave glow left over from the Big Bang. The pattern has long been considered evidence of the rapid growth spurt, known as inflation. The research team's leader, John Ko-

vac of the Harvard-Smithsonian Center for Astrophysics, called it "the smoking gun signature of inflation."

The discovery "gives us a window on the universe at the very beginning," said theoretical physicist Lawrence Krauss of Arizona State University, who was not involved in the work. "You can see back to the beginning of time." **THE ASSOCIATED PRESS**



Scientists used telescopes in Antarctica to find evidence the universe began with a split-second of rapid growth. COURTESY STEFFEN RICHTER/THE ASSOCIATED PRESS



## Indians celebrate the spring festival of colours

A man smears the face of a woman with colours during celebrations marking Holi, the Hindu festival of colours, in Mumbai, India, Monday. The holiday, celebrated mainly in India and Nepal, marks the beginning of spring and the triumph of good over evil.

RAJANISH KAKADE/THE ASSOCIATED PRESS

## Toxic smog. Paris curbs use of cars on city streets

Paris imposed drastic measures Monday to combat its worst air pollution in years, banning around half of the city's cars and trucks from its streets for a day in an attempt to reduce the toxic smog that's shrouded the City of Light for more than a week.

Cars with even-numbered license plates were prohibited from driving in Paris and its suburbs.

France has seen exceptionally warm, dry weather this month with little wind, which has trapped car pollution and fumes from seasonal farming activity in the air.

Environment Minister Philippe Martin said lower traffic and favourable weath-

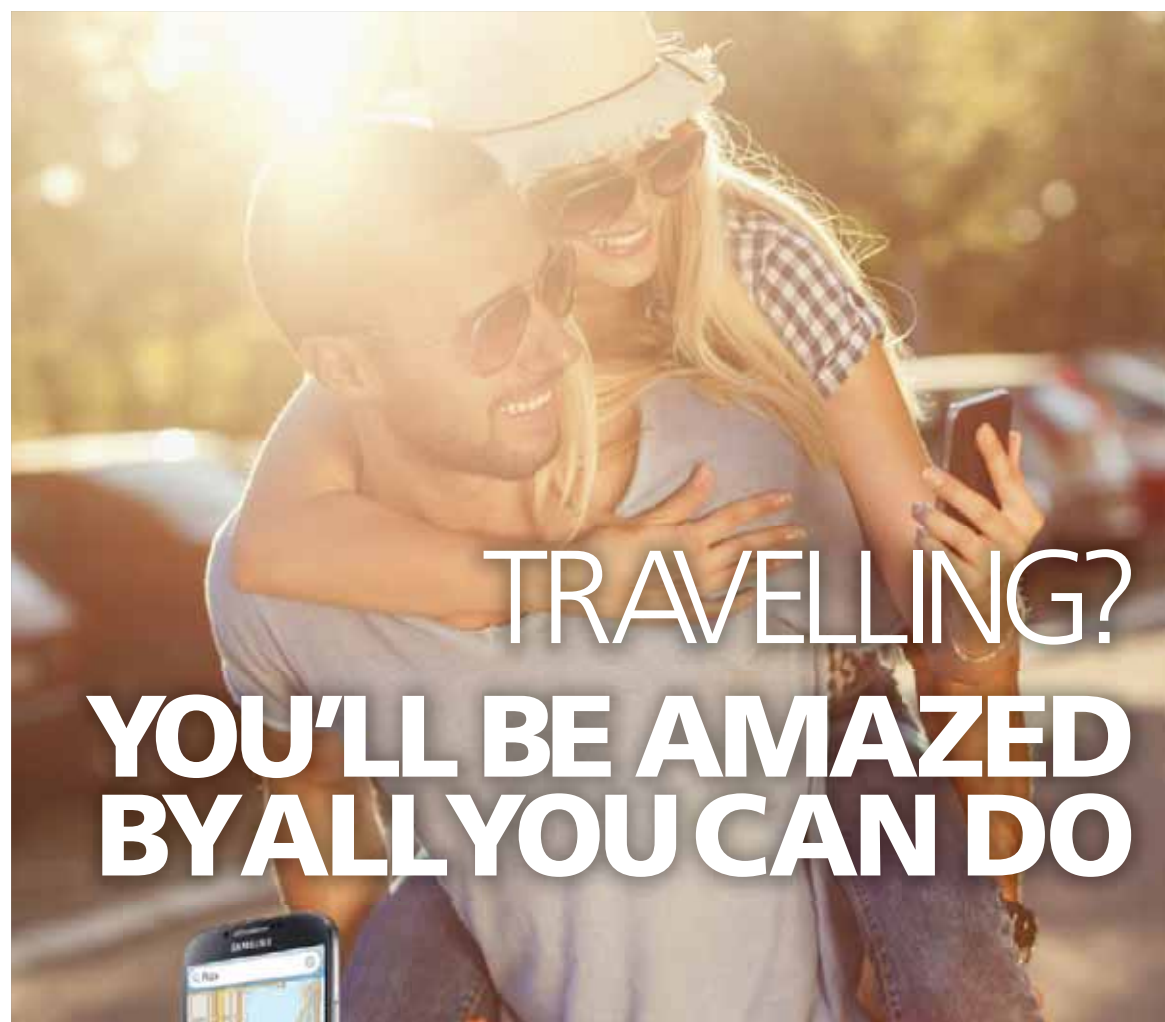
er patterns were having an impact on pollution, and that the alternate-plates measure would be lifted Tuesday.

All public transport has been free for four days straight to help deal with the pollution — but that too is set to end Tuesday.

**THE ASSOCIATED PRESS**

### In other cities

- Athens has had an alternate driving ban in place for years. In Brazil, Sao Paulo employs a licence plate-based system that assigns each car a day of the week when it cannot be driven in rush hours.



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**Natural gas:** \$4.52 US (+\$0.02)  
**Dow Jones:** 16,247.22 (+181.55)

## Montreal

## Bombardier among winners of S. Africa locomotive contract

Bombardier Inc. is one of four companies picked to supply a total of 1,064 locomotives to South Africa's state-owned freight rail system.

Transnet Freight Rail says the total contract is worth 50 billion rand, or

about \$5.16 billion.

Bombardier's announcement didn't disclose how much its share of the contract is worth but a spokesman said the company will supply 240 electric locomotives.

In total, Transnet said it's buying 599 electric locomotives from Bombardier and CSR Zhuzhou Electric and 465 diesel engines will be supplied by General Electric and CNR Rolling Stock. **THE CANADIAN PRESS**

# Will the real creator of Bitcoin please stand up?

**We're gonna have a problem here.** Dorian Satoshi Nakamoto says he's not the face behind the cybercurrency



**Dorian Satoshi Nakamoto denied being behind Bitcoin in an interview with The Associated Press.** THE ASSOCIATED PRESS FILE

The man Newsweek claimed is the creator of Bitcoin has hired a lawyer in an attempt to clear his name, repeating a denial he made to The Associated Press more than a week ago that he has never had anything to do with the digital currency.

In a statement issued by his lawyer, Ethan Kirschner, Dorian Satoshi Nakamoto, 64, said Monday that he "did not create, invent or otherwise work on" Bitcoin. In the magazine's return to print this month after more than a year, Newsweek's cover story declared Nakamoto to be the "face behind Bitcoin."

Despite the repeated denials, the magazine has stood

behind the story.

Newsweek developed its thesis on the creator's identity by matching Nakamoto's name, educational history, career, political views and writing style to the alleged creator of Bitcoin, who has been known only as "Satoshi Nakamoto." Many believe the name to be a pseudonym.

**THE ASSOCIATED PRESS**



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Join us Tuesday, March 18 at 7:00 pm in MacDonald Hall in the Heritage Hall Building; program breakout session to follow. Confirm your attendance by visiting [sait.ca](http://sait.ca), calling 403.284.8367 or emailing [construction.info@sait.ca](mailto:construction.info@sait.ca).

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## Smells like a whiskey war

In this May 2009 file photo, Jeff Arnett, the master distiller at the Jack Daniel Distillery in Lynchburg, Tenn., tests the aroma of whiskey. Jack Daniel's is fighting efforts in the state legislature to dial back the legal definition of Tennessee whiskey, a definition that resembles almost to the letter the process used to make Jack Daniel's. State lawmakers say the requirements make it too difficult for craft distilleries to market their spirits as Tennessee whiskey, a distinctive and popular draw in the booming American liquor business. **MARK HUMPHREY/THE ASSOCIATED PRESS**



# BAN 'BOSSY' OR BE THE BOSS?

Earlier this month, Facebook COO Sheryl Sandberg launched a high-profile public service initiative to ban the word 'bossy' from our collective vocabularies. She argues that the contentious five-letter word quashes young girls' self-esteem and discourages them from pursuing leadership roles.

Bossy might seem like a relatively innocuous adjective, but think for a moment about how often you've heard a male executive described in this manner. Like catty, bitchy and hysterical, bossy is a loaded expression that is uniquely gendered in its application. Whether you're chastising a difficult child or whining about an argumentative manager, bossy is most-often used to describe female behaviour and it's usually employed in a derogatory way.

The pejorative put-down — which brings to mind shrill nagging rather than competent management strategies — has a real impact on the way women in managerial positions are viewed by others. Aggressive people get the job done; bossy people just make



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

a lot of noise.

Plenty of prominent female celebrities are getting on board the #BanBossy bandwagon — including Diane von Furstenberg, Jennifer Garner and Beyoncé, who all appear in a YouTube video as part of the campaign. As usual, Queen Bey's words are the most resonant: "I'm not bossy," she proclaims, "I'm the boss." Bow down, indeed.

While policing everyday language is a seemingly impossible task, it's important to create awareness about how certain words are used to reinforce negative stereotypes about women in leadership positions. Rather than labelling outspoken women as bossy, we should be encouraging them to raise their hands, give direction, voice their ambitions and take on commanding

roles. But before we attempt to embargo bossy forever, let's take a moment to remember some of the best examples of women who made bossy look good.

Tina Fey, whose bestselling autobiography *Bossypants* — which chronicles her rise to fame in the male-dominated world of

comedy — is both laugh-out-loud funny and incredibly inspiring. Amusingly, Amazon lists Fey's book alongside Sandberg's book *Lean In* as items that are frequently bought together.

The anonymous individual behind Urban Dictionary's top definition for the word bossy sums it up well. The streetwise submission reads as follows: "Describes a girl who is the alpha-female or the queen bee. She is gettin paid, stayin fly, and is the leader of her crew. Respected by all; loved by some." With over 500 'up' votes, this is certainly a description that many of us can get behind.

Little Miss Bossy: the iconic big-mouthed, blue character from the popular children's books by Roger Hargreaves stays true to her name. Little Miss Bossy was the first female character to be introduced in the beloved Mr Men & Little Miss series, staying true to her assertive personality.

American R&B singer Kelis, who reminds us on her catchy 2006 power anthem *Bossy*, that she was the one who brought all the boys to the yard. Years later the song was featured on an episode of *30 Rock*, the award-winning sitcom created by and starring Tina (Bossypants) Fey.



Follow Jessica Napier on  
Twitter @MetroSheSays

## ZOOM

# Reviving ancient history



AMR NABIL/THE ASSOCIATED PRESS

## Museum opening near pyramids

Egyptian conservators clean a female mummy dated to Pharaonic late period, (712-323 BC), in the conservation centre of Egypt's Grand museum under construction, just outside Cairo, on

Monday. Egypt's antiquities minister says construction has begun on the main hall of a massive new museum by the pyramids, the final phase of a complex that's intended to house 100,000 ancient artifacts including King Tutankhamun's mummy.

THE ASSOCIATED PRESS



A conservator cleans a piece of limestone. THE ASSOCIATED PRESS

## Tourism suffering after years of turmoil

Authorities are seeking to revive Egypt's battered tourism industry after three years of turmoil. The Grand Egyptian Museum was supposed to open in 2012.

THE ASSOCIATED PRESS

## Clickbait



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

**In glorious news for Beatles nuts and guitar wonks, the excellent Guitar Collection: George Harrison has dropped from its initial price of \$10 to a virtually free tag of \$0.99. Spearheaded by Harrison's son, Dhani, the mobile app provides fans with an up-close look at the Beatle's fearsome guitar arsenal with a fully interactive photo gallery of Rickenbackers, Strats and ukuleles that would alone be worth the cost of entry to some.**

But the real treasure lies in audio clips Dhani recorded before George's death, where the father tells the son about his favourite instruments, the stories behind them and the songs they graced — and it truly feels like you're sitting in the room with the pair, listening in.

Toss in a generous helping of Beatles lore and performance videos (including sessions featuring Dhani playing with Conan O'Brien, Ben Harper and others) and you have some of the best bang for a literal buck available on the App Store.



George Harrison  
GETTY IMAGES

## Twitter

@metropicks asked: By 2025 the Internet will flow in our lives like electricity, experts say. How do you imagine it in 2025?

@Canucklehead\_ca: 90% 'which breed of cat are you' quizzes. That being said, unless you get a screen name soon you are likely out of luck.

@MomAndDadFight: in 2025 we've done away with names. Everyone is named Steven. Me and my cousin Steven are going to see Steven at the Stevenplex

Follow @metropicks and take part in our daily poll.



## Comments

**RE: Scared Of The 9-to-5 Grind? You Will Be After Watching This Film, published March 14**

Looks very interesting! Personally I feel very similar when I commute to work every day. I see everyone with their faces planted on their devices. Nobody talks anymore, it's all texting! I went to a sushi restaurant the other day and saw five guys sitting in a booth. Every one of them glued to their phones and not conversing with each other. Just glaring and texting. It's a mad world we live in!!

Supair Mario posted to metronews.ca

**WE WANT TO HEAR FROM YOU:**  
Send us your comments: [calgaryletters@metronews.ca](mailto:calgaryletters@metronews.ca)

# 2 SCENE

## Nymphomaniac exposes surprising side of Slater

### Revealing role.

Keeping his clothes on puts fading star back in the spotlight

MATT PRIGGE

Metro World News in New York

No, Christian Slater wasn't reluctant to do Lars Von Trier's sex movie *Nymphomaniac*. "My fiancée was concerned," he says, "because she's not an actress and not remotely interested or involved in this profession. She's never dated an actor before, so to hear of the project raised some red flags for her."

Then again, Slater was one of the few in the cast who didn't have to do the naughty stuff. He plays the father of the lead character, Joe (Charlotte Gainsbourg as an adult and Stacy Martin as a teen, young adult), a sex addict who relates a history of banging to a stranger (Stellan Skarsgård). Slater keeps his clothes on, save some hospital gown malfunctions late in.

He still had reason to be scared. Von Trier has a reputation as an intimidating monster, one he himself has cultivated and fed to a hungry press. But despite Björk vowing never to act again after his *Dancer in the Dark* and Nicole Kidman running away from the sequel to *Dogville*, most



Christian Slater liked working with Lars Von Trier, calling the director 'very gentle'. DAN STEINBERG/THE ASSOCIATED PRESS

actors have nothing but kind words for him. (Kidman has even said she'd work with him again.) Slater is no different.

"I found him to be very gentle and wonderful," he says. "The scenes that I had to do were very gentle scenes. We shot some of it in his backyard. We used the area of forest he used to play in when he was a kid. I think he felt very sentimental about it."

Slater's material is atyp-

ically earnest and warm for Von Trier, and they add an important texture to a film that's alternately comic and unpleasant. Slater shot his footage over four months, coming in and out of a production that was much more wild when he wasn't there. "I would hear about these stories about what they shot, the sexuality, the prosthetic that Shia (LaBeouf) had to wear — these crazy insane stories," he recalls. "But

what was funny to hear was when they shot the first sexual encounter scenes and then by the end they could have cared less, they got desensitized. 'Oh, let's just get naked again.' But me, I would just shoot these sweet scenes with this 12-year-old girl."

For Slater, his *Nymphomaniac* performance is kind of a new big break. He first came to attention in films like *Heathers*, *Pump Up the Volume* and *Young Guns II*, usually playing smirking wisecracks who seemed to be doing Jack Nicholson impersonations. (In person he's more boyish and endearingly excitable.) His career has tapered off over the last 15 years — he's mostly seen in DTV fare these days — but his *Nymphomaniac* turn is both prominent and revelatory, revealing untapped maturity and kindness.

Not that he was completely aware of this at the time. "Quite honestly, I didn't know what we were doing," he says. "(Von Trier) gave me no clear-cut direction how to communicate any of this stuff. I was making it up as I went along. He allowed improv moments. I think the thing he was most concerned about was slowing down, taking my time and not rushing through it."

The whole experience was a kind of rebirth. "It was very unusual," he says. "I kind of had to re-train myself."

### DVD review



### American Hustle

Director. David O. Russell

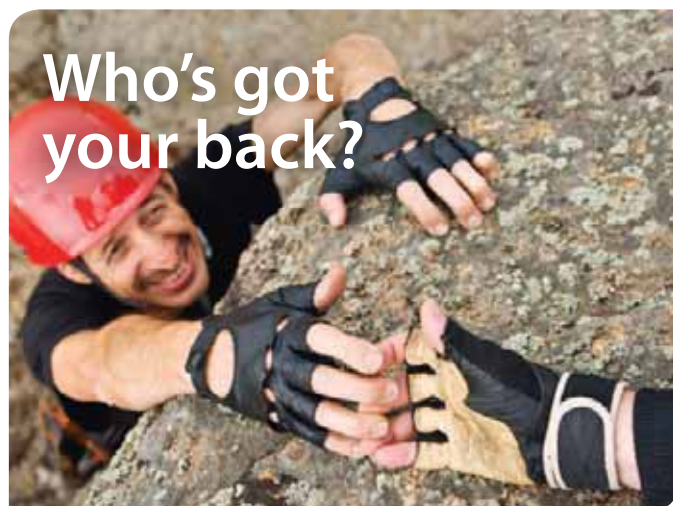
Stars. Christian Bale, Amy Adams, Bradley Cooper, Jennifer Lawrence

American Hustle is a dance you want to join and a party invitation you want to take up.

"Some of this actually happened," the title card reads, referring to the parts of this shaggy dog narrative that ricochet off the real con game of the late 1970s and early 1980s, known as Abscam, when FBI agents posed as Arab sheiks to sucker and collar a passel of corrupt politicians.

Directed by David O. Russell, it stars Christian Bale, Amy Adams, Bradley Cooper and Jennifer Lawrence as scammers and flim-flammers on either side of the law, all comports themselves as if they wandered off the set of *Saturday Night Fever*.

Indeed, the ladies flash so much boobage in their permanently NSFW attire, it's almost as if they want to be ready in case a mirror ball suddenly starts flashing and the needle drops on a disc spinning *Disco Inferno*. PETER HOWELL



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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word

### Statham's model girlfriend should tread Kerr-fully

Jason Statham better be careful, as girlfriend Rosie Huntington-Whiteley has reportedly been getting some frank advice from fellow Victoria's Secret model Miranda Kerr about the state of their relationship, according to Radar Online.

"Rosie and Jason have had many ups and downs in their relationship, but the super-model has begun to lay down the law that if Jason doesn't start getting serious about getting married, she will leave him. But the ultimatum idea didn't come from Rosie



Jason Statham GETTY IMAGES

herself but her close pal and mentor Miranda," a source says.

"After Rosie and Jason have spent four years together, Miranda would like to see her get married. She only wants the best for her friend, so she's urging her to give Jason some tough love."

And apparently Kerr is more than happy to take credit for what happens next: "Miranda has been bragging to other friends in recent weeks that she is steering Rosie in the right direction by advising her to leave Jason if he doesn't propose before the summer," the source adds.

### Lovato has the stomach to take on Gaga fans after pukey SXSW performance

Lady Gaga has received plenty of raised eyebrows for letting a performance artist vomit on her during a concert at SXSW last week, but some people were genuinely offended by the act, including Demi Lovato, who took to Twitter to criticize Gaga for glamorizing eating disorders. "Bottom line, it's not 'cool' or 'artsy' at all," Lovato tweeted. "Would you let someone bring a needle and shoot up on you? Addiction is addiction." Some fans immediately came to Gaga's defence, accusing Lovato of throwing shade, but she would not be deterred. "It's not 'shade' and it's not 'hate.' But someone has to come forward and say it," she wrote. "Putting the word 'art' in it isn't a free card to do whatever you want without consequences."

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Calgary Board of Education

### Notice of Hearing for Temporary Guardianship Order To Candice Hoffort

Take notice that on the 20th day of March, 2014 at 9:30 a.m., at Calgary Family Court, Courtroom #1208, 601 - 5th Street SW, Calgary, Alberta, a Pre-Trial Conference will take place.

Take notice that on the 10th, 14th, 15th, 16th and 17th days of April, 2014 at 9:30 a.m., at Calgary Family Court, Courtroom #1206, 601 - 5th Street SW, Calgary, Alberta, a Trial will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Temporary Guardianship Order** of your child born on **November 8, 2012**. If you wish to speak to this matter in court, you **MUST** appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

**Contact: Diane Charlebois; Jackie Ellice; Daniella Eggink**

Calgary and Area Child and Family Services Authority  
Phone: (403) 297-2978

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Métis Training to Employment Services Rupertsland Institute

Canada



# Fish oils on the brain



Fish oils range in the health benefits that they may offer. ISTOCK

**Supplements.** Take the confusion out of shopping for these oils that may improve brain, heart and many other areas of overall health

DAVID  
SINGH  
life@metronews.ca

Taking fish oil supplements can be confusing business. Visit the pharmacy aisle of any grocery store and you'll see why.

There are so many questions that can arise from this product. What are the benefits? Are there risks involved

in taking it? Should you take salmon and fish oil, krill oil, or cod liver oil? After all, fish is fish, right?

#### What's the difference?

All fish oil supplements are not created equally, according to Sandra Edwards, a registered dietitian in Markham, Ont.

"There are different types of fish oil supplements, just like there are different types of fish available," Edwards said.

She says that cod liver and fish liver oil are sources of vitamin A and D, while other types like salmon oil and krill oil contain omega-3 fatty acids. It's important to make the distinction between the two, depending on your specific needs.

#### What is omega-3?

You may have heard the term omega-3 tossed around before, but what exactly is it?

"Omega-3's fatty acid play a role in the overall health of our heart and brain, but unlike diet or exercise you may not feel or notice a visible benefit," said Matthew Mayer, senior research specialist at the Heart and Stroke Foundation of Canada. "Regular consumption of omega-3s has been linked to reduced risk of some forms of cancer, improved heart rhythm function and reduced risk of heart diseases and stroke."

#### Food first

Great, now that that's cleared up, time to head to the phar-

macy aisle, right? Not so fast.

The Heart and Stroke Foundation has no position on fish oil supplements. It recommends that Canadians speak to their physicians first. And Edwards agrees. "I would encourage people to get fish in their diet because there are many more benefits to eating fish rather than just the fish oil supplements," she said.

Aim for at least two servings of fatty fish per week. If you can't or don't like to eat fish then it's time to consider other options. That's where your physician's advice comes into play.

#### Risks to fish oil

Fish oil is not without risks. It can thin the blood, and re-

#### For your phone

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Kris Abel  
@RealKrisAbel  
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For your next outdoor adventure, publisher Random House has assembled six useful tools: a compass, flashlight, level, strobe, and some fun sound effects to help embellish your spooky campfire stories.



#### Be on the lookout

When buying fish oil supplements, always look for a natural product number (NPN) on the package. This ensures the product has been evaluated by Health Canada for quality, safety and effectiveness.

search about supplements has yielded mixed results.

"More research is needed to understand if the same (omega-3) benefits can be derived from supplements," said Mayer. "It is still quite early, but some research has suggested not all omega-3 fatty acids are linked to improved health."



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# Prevention and precision

LINDA  
CLARKE

Metro World News in New York City

When it comes to colorectal cancer — which comprises colon cancer and rectal cancer — not all tumors are created equal. The big news in colorectal cancer treatment is genetic sequencing: defining the biology of a tumor and tailoring targeted treatment, rather than going by the old “one pill fits all” application.

“Precision medicine is the buzzword,” says Dr. Rona Yaeger, a colorectal cancer researcher for the American Can-

cer Society. “Already there are drugs in clinical trials that will come on the market soon for new targeted treatments that act on particular tumor types.”

With precision medicine and improved surgery techniques, doctors are able to more accurately target tumors. The result is less treatment for colorectal cancer patients, who previously might have had to endure unnecessary radiation or chemotherapy.

“We’re now understanding that we’ve been over-treating and we don’t always need all that chemotherapy and radiation,” explains Yaeger. “Radi-

tion, in particular, is something we want to avoid if possible, especially in young people, because one of the possible side effects is infertility.”

Generally, colorectal cancer is thought of as an older person’s disease. Yaeger tells Metro that the average age of colorectal cancer patients is 70, but adds that the incidence of colon cancer is increasing in 25- to 50-year-olds.

“So far, the evidence is observational, but that’s what we’re seeing,” she says. “The problem is that in younger people, colorectal cancer is more likely to be advanced. Young people do

not seek treatment until they present with symptoms, such as bloody stool, or a change in bowel movement. With young people, it’s beyond a polyp.”

Polyps are pre-cancerous ruptures in the bowel wall that are found during colonoscopy exams and removed. Colonoscopies are an effective tool in preventing cancer.

Despite all the advances in treatment, prevention for anyone, particularly younger people, is still paramount. Two ways to slash your risk? You’ve heard them before: a healthy (high-fibre!) diet, and regular exercise.



A high-fibre diet and exercise help slash the risk of colorectal cancer. iStock



Richard Crouse battled his colon cancer with a positive attitude. CONTRIBUTED

## ... and that’s the bottom line

**Colon Cancer Awareness Month.**  
Metro’s movie critic shares his own story — and a vital message



RICHARD  
CROUSE  
life@metronews.ca

There are a few phrases you never want to hear.

“Michael Bay is directing a remake of Casablanca” and, “It’s not you, it’s me” appear on the scroll of things that hurt my ears.

Top of the list, however, is, “We’ve found a tumor.”

In mid-2013, I had a colonoscopy, a procedure so routine I thought I’d be in and out and on my way to my favourite sandwich shop by lunch. I’m a nonsmoker, moderate drinker and I watch my diet. I even eat kale — lots of it. I had no symptoms, felt fine and only went because my doctor told me I had to due to my age.

Those four simple words went on to inform the next months of my life.

The doctor, squeezing my arm, saying, “I’m sorry,” before walking away, didn’t do much to alleviate the fear that quickly overtook me.

Besides becoming a human pincushion, pumped with toxic chemicals, the mental effect of being told you have cancer lingers.

I began the journey with the usual shock, but quickly

skipped ahead, past denial, to anger. I was mad that a bullet shaped tumor in my colon — a dark spot that had grown quietly and insidiously inside me for the past few years — could possibly sideline all I had worked for.

The anger stage was quickly replaced by acceptance after long talks with the ever-rosy Andrea, my long-time girlfriend, and the cadre of doctors brought in to assess me.

It was then I decided to live my life with as little disruption as possible. It was my way of saying, “Screw you, cancer. You’re not making the rules, I am.” Optimistic maybe, but I firmly believe that a good attitude is one of the keys to leading a healthy life even in the face of serious medical issues.

I’m through the treatment now and the prognosis is good. It was a long journey — a trip down a dark and twisty road. I won’t miss feeling like I’m living in someone else’s body, waking up exhausted everyday or fearing the sinister tumor that was growing in me.

Today I’m confident that the surgery — I toyed with using the nickname Semi Colon Crouse in tribute to what was left of my insides, but better sense prevailed — more tests and scans than I can count and the gallons of chemo pumped into my system was all worth it.

This is my story, but it’s not my message.

I waited until after my treatment for my cancer coming out party because I didn’t want apathy. I didn’t want to be viewed differently. I just want you to

### Just the facts

- The National Cancer Institute of Canada (NCIC) acknowledges colorectal cancer (CRC) as the third most common cancer and the second most common cause of death from cancer for both Canadian men and women.
- On average, 423 Canadians are diagnosed with CRC every week.
- One in 14 men is expected to develop CRC during his lifetime and one in 27 will die of it. One in 15 women is expected to develop CRC during her lifetime and one in 31 will die of it.
- 175 Canadians, on average, die of this disease every week.
- Anyone 50 and up should be screened regardless of family history.

know that if this could happen to me, it could happen to you. March, being Colon Cancer Awareness Month, seemed like the time to share my story.

What I want now is for you to get tested.

Colonoscopy is a big word, but it could have a huge effect on your well-being. Having one at age 50 saved my life and it could save yours. Make an appointment today. Your colon and I will thank you.



# Where down south meets south of the border: Mac and Cheese Fajitas

## Health Solutions

### Have your steak and eat it, too



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCPT  
myfriendinfood.com

Red meat gets a bad rap, but in small, reasonable amounts, it can serve up high amounts of immune-boosting zinc and muscle-building protein.

Any animal protein contains cholesterol and fat, so you want to keep it in check by choosing leaner cuts and making meat an ingredient rather than the whole dish.

Lean cuts include flank steak and tenderloin.

Here are some ideas to stretch your beef (and your budget!).

- Use steak in stir fries and bump up the veggie con-

tent.

- Use double the beans and half the meat in your chili recipe.

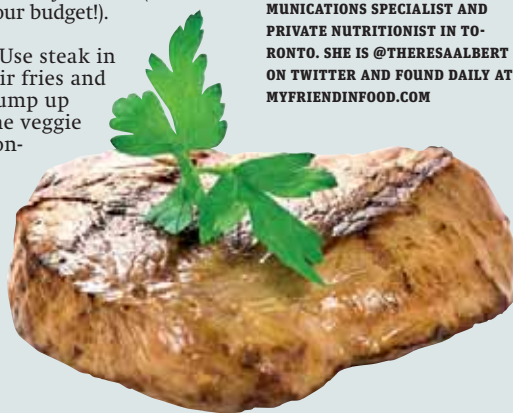
- Add ground oats and cooked spinach to burgers and meat loaves.

- Choose grass-fed beef or bison. They are leaner.

- Use sliced roast beef as one layer in a sandwich instead of a steak sandwich.

Humans are omnivores, which means we can choose our food from a variety of sources for a variety of reasons. Keeping your choices in balance beats beating yourself up over something you love.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



**TOTAL TIME**  
30 MINUTES

This recipe serves four. COURTESY THERESA ALBERT

**THERESA ALBERT**  
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Combine two family faves in a casserole and there will be no complaints at the dinner table. Flank steak is a flavourful cut and takes minutes to cook.

1. Place steak on counter to bring to room temperature.
2. Bring pot of water to a boil, add a pinch of salt for pasta.
3. Meanwhile, mix herbs,

## FLASH FOOD



From your fridge to your table in 30 minutes or less

sea salt and hot pepper flakes together in a plate along with half the oil. Coat steak in herbs while you heat a cast iron skillet to high heat. Sear steak for 4-5 minutes on both sides.

4. Add pasta to boiling water and boil to cook through, drain.

5. Remove steak and set aside.

6. Add onions to steak pan, cook for 3-5 minutes, add tomatoes and a little pasta water to deglaze the pan.

7. Add cream cheese to pasta pot to melt and stir in pasta.

8. Butter casserole dish and add pasta to it. Top with onions and tomatoes, salsa, cheese. Slice meat thinly across grain and set atop dish. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST.**

## Ingredients

- 1 lb flank steak
- 1 tsp each thyme and oregano
- 1 pinch each sea salt and hot pepper flakes
- 1 tbsp grapeseed oil
- 1 1/2 cups elbow whole wheat pasta
- 2 onions
- 3 plum tomatoes
- 1/2 cup cream cheese
- 1/4 cup salsa
- 1/4 cup grated cheese

## Notice of Hearing for Temporary Guardianship Order To Dwain Chasse

Take notice that on the 20th day of March, 2014 at 9:30 a.m., at Calgary Family Court, Courtroom #1208, 601 – 5th Street SW, Calgary, Alberta, a Pre-Trial Conference will take place.

Take notice that on the 10th, 14th, 15th, 16th and 17th days of April, 2014 at 9:30 a.m., at Calgary Family Court, Courtroom #1206, 601 – 5th Street SW, Calgary, Alberta, a Trial will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Temporary Guardianship Order** of your child born on **November 8, 2012**. If you wish to speak to this matter in court, you **MUST** appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Diane Charlebois; Jackie Ellice; Daniella Eggink  
Calgary and Area Child and Family Services Authority  
Phone: (403) 297-2978

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# TAP INTO YOUR PERSONAL NETWORK

## GET A JUMP ON THE SUMMER JOB HUNT

While it's hard to think of summer jobs when it's still cold and snowing outside, students should be hard at work taking the steps to land employment.

The first part of the job hunt will be to determine what kind of position for which you are looking. If you aren't sure, it's a good idea to talk with a counsellor at your school's career centre — they can help you determine what types of positions are a good fit given your skills and education.

Once you have something in mind, it's time to go and see what's available. It's natural to focus on job search websites, but you should expand your search.

"You shouldn't ever limit yourself in terms of where you go to search," says Chris Glover, the interim associate director of the Career and Leadership Development Centre at Dalhousie University in Halifax.

A school's career centre will have job postings, but it's also crucial to tap into



MICHAEL JUNG/SHUTTERSTOCK

your personal network.

"Most (job) opportunities are found through networking," says Dianne Twombly, the manager of career develop-

ment at York University's Career Centre.

Talk to your friends, family and professors about what you are looking for and how they can help with the job search.

## ANOTHER OPTION

Self-employment is another summer job option, which can help you develop many important skills that will serve you well down the road, including managing finances, time management, sales and organization. "Definitely, there's lots to be learned from running your own business," says Anna Weir, the co-ordinator of career services at the University of Winnipeg.

"You just never know who people know," Twombly says.

When applying for a job, custom tailor both the cover letter and resumé to the job and ensure they speak to the skills for which the position is looking.

Remember, the effort you put into the job search will dictate the results you get.

"What you put into that job search is kind of what you are going to get out of it," says Anna Weir, the co-ordinator of career services at the University of Winnipeg.



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# ESTHETICS SKILLS WILL ALWAYS BE IN DEMAND

## PROGRAM ADDED AT ABM COLLEGE

Massage therapy and esthetics are two dynamic programs offered at ABM College.

Esthetics was recently added to meet the demand for training in the beauty industry.

"You can always make money with esthetics skills," says Natasha Alpha, director and instructor of the esthetics program at ABM College. "No one will ever be able to take away this type of work, like technology or computers."

This 27-week diploma program covers a number of different subjects, giving students a complete esthetics education that is approved and recognized by the Beauty Council of Western Canada.

Students will learn sanitation-infection control, pedicures and manicures, facial treatments, makeup artistry, microdermabrasion, as well as other skills.

## APPOINTMENTS

Students practise their skills on clients with scheduled appointments at ABM College.

Esthetics students offer various services that include facials, pedicures, manicures, waxing, laser hair removal, nails, chemical peels and more beauty services, and are offered at a discounted rate.

The cost of a massage at ABM College is only \$20. Appointments can be made by contacting the college at [abmcollege.com](http://abmcollege.com).

"This program has great value for what you are getting," says Alpha, adding that this complete program is one of the most affordable in the province.

Once students have completed the program (800 hours), they will be able to seek employment in a variety of settings,



CONTRIBUTED

including beauty salons, cosmetology shops, spas, fitness centres, clinics and mobile services, or home-based businesses.

ABM College also offers a workshop to prepare students for the workforce by ensuring their resumés, cover letters and interview skills are up to par with industry standards before they walk out the door.

Classes for this new program run either in the day or the evening, and enrolment takes place each month.

Both esthetics and massage therapy

students complete their practicum hours in a clinical setting at ABM College.

The massage therapy program is approved and recognized by the Natural Health Practitioners of Canada Association.

This 88-week, hands-on program provides students with the skills, knowledge and professionalism to become qualified and competent practitioners in massage therapy.

For more information about these programs, visit [abmcollege.com](http://abmcollege.com).

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Gabriela, STMSU President

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# DIGITAL SCHOOL HOSTING OPEN HOUSE

Find out how to turn your dreams of becoming a computer-aided designer into a reality by attending the Digital School Technical Design College open house on March 27.

Meet with faculty from 2-7 p.m. and find out about all the exciting career training available at Digital School in the demanding field of CAD.

"We are enrolling new students for March 31, meaning you don't have to wait to start your Digital School diploma or

certificate program," says Brady Sylvester, assistant manager, Digital School.

Digital School students can study to earn a diploma in CAD in less than a year, with skills for which employers are looking. CAD courses include computer-aided drafter certificate, architectural CAD diploma, and engineering CAD technician diploma with process piping specialization and a part-time online computer-aided drafter program.

Digital School is now offering building

information modelling (BIM) training.

"At Digital School, we are deeply committed to ensuring our graduates are ready for any environment they'll encounter, and we see BIM as an increasingly important part of the future of CAD," Sylvester says. "It is fast becoming a standard worldwide."

Applications for the March 31 intake are now being accepted.

For more information about Digital School, or to speak to an admissions adviser, visit [digitalschool.ca](http://digitalschool.ca).



GOODLUZ/SHUTTERSTOCK

LEARNING CURVE

METRO CUSTOM PUBLISHING



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## IMPROVE YOUR ENGLISH AT COLUMBIA COLLEGE

Columbia College offers a number of English as a second language (ESL) training programs designed for anyone who needs to develop their language skills, including Canadian citizens, permanent residents or individuals with refugee status.

"English language competency enhances the client's quality of life in Canadian society, providing the individual with the opportunity to succeed at their career goal," says Gerald

Halabura, department chair, academic upgrading and English as a second language.

"It also improves the financial status of the family and helps with integration into Canadian society."

Columbia College's programs provide both the foundation skills, as well as more specific instruction to help individuals reach entry qualifications for further education.

Students study reading, writing,

listening, speaking, grammar and numeracy (math) and may also choose to take pronunciation and accent reduction classes, and pre-employment work strategies and work experience courses.

"Many students have extensive education from their home country, but they need both English language development and Canadian work experience to be successful," Halabura says.

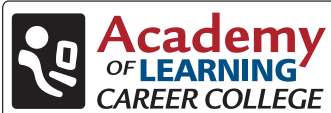
For more about Columbia College's ESL programs, visit [columbia.ab.ca](http://columbia.ab.ca).

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CONTRIBUTED PHOTOS

# LEARN TO CARE FOR OTHERS

## AT BOW VALLEY COLLEGE

The Bow Valley College (BVC) health-care aide (HCA) program is to as an excellent way to prepare to enter the field of health care.

“Simply put, the HCA program prepares individuals to provide care to a client or patient that they otherwise are not able to do on their own,” says Gail Thauberger, program coordinator. “All the things we do in a day to care for ourselves are included in the program so that a graduate of the BVC HCA program is able to provide holistic care to a patient or client with stable needs.”

Thauberger says the main focus of the curriculum is activities of daily living, including bathing, dressing, and feeding, while always considering one’s emotional, cultural and spiritual needs.

Students may choose to study full time or part time, depending on their needs. While the content is the same for both programs, the difference is in the delivery models.

The full-time program is offered over four months in a classroom setting, with students in class five days a week. The part-time program is delivered in a blended format, with online studies and lab learning.

Part-time students are self-paced and determine the length of their program based on their learning needs, although all learners must complete the program within 18 months.

Both the full- and part-time programs include a total of five weeks of clinical/practical experience where they get two different opportunities to implement what they have learned in the clinical setting.

“Our graduates are well respected and readily hired by employers,” Thauberger says. “We maintain consistent standards, and with the excellent support of faculty and college resources, assist learners to not just get a job, but gain a career and meet a real need within health care in Alberta.”

Bow Valley College encourages lifelong learning and offers two post-HCA programs. The HCA bridge to practical nurse (PN) diploma provides HCAs credit in the PN program. The recreation therapy aide certificate affords graduates the knowledge to work in the recreation department, focusing on psychosocial needs.

For more information, visit [bvc.me/MVhzhR](http://bvc.me/MVhzhR).

# OUR CULINARY TRAINING JUST GOT MEATIER

## INTRODUCING THE NEW BUTCHERY AND CHARCUTERIE MANAGEMENT PROGRAM

SAIT Polytechnic continues to raise the bar in culinary arts training. Our new Butchery and Charcuterie Management certificate program offers a first-of-its-kind educational experience in Canada – one that will meet the demands of a growing industry. Taught by culinary professionals with years of practical experience, students will learn skills in the art of butchery and charcuterie including meat handling techniques and curing methods for proteins.

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# STUDY LANGUAGE AT MRU

With a bachelor of arts majoring in Spanish, pursue your passion for languages and cultures and add a minor in French and linguistics to complement any Mount Royal degree.

“The major in Spanish takes students from beginner’s level to fluency, and opens many doors in Mexico and Spanish-speaking countries beyond,” says Gilles Mossière, chair, department of languages and cultures.

In addition to courses on reading, writing and oral communication, students can also explore literature, translation and film.

“The department also offers a minor in French, an undeniable asset since Canada is an officially bilingual country,” Mossière says.

Students can also take classes in Chinese, German, Italian, and Japanese.

Through a minor in linguistics, students can explore the structure of language, its universal properties, and first and second language acquisition.

Latin American studies teaches students about the region’s complex social and cultural environment. And through romance studies, students come



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to understand the common and unique features of groups inhabiting the Mediterranean basin.

Students specializing in languages commonly pursue careers in international aid, government and non-government organizations as immigrations support workers, journalists, language teachers, and interpreters at museums and heritage sights.

For more information, please visit [mtroyal.ca/languagescultures](http://mtroyal.ca/languagescultures).

# SECURE YOUR DREAM CAREER AT ACADEMY OF LEARNING

Why wait to get started on the path towards your dream career when programs begin every week at Academy of Learning Career College.

“Every week new students start into one of our career diploma programs knowing over 90 per cent of our graduates succeed in obtaining the profession of their dreams,” says Charles Jarvis, general manager, Academy of Learning Career College. “Academy of Learning Career College doesn’t have waiting lists with its highly effective and individualized learning system.”

Academy of Learning’s Integrated learning system makes it easier and more accessible for students to get the education that is in demand in less than a year.

Courses and certificates range in a time frame from four to 12 months.



LENETSTAN/SHUTTERSTOCK

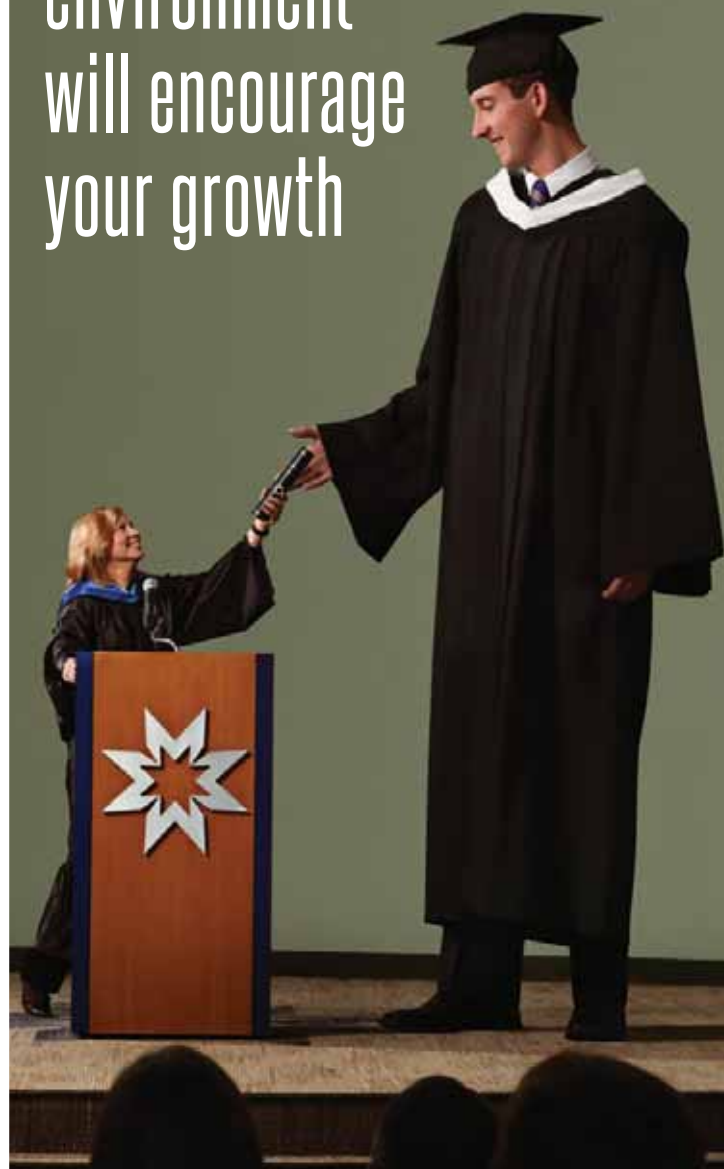
“With a broad range of programs in the fields of health care, business, accounting, legal and tourism, finding the career program that is right for you is as easy as coming into any Academy of Learning campus and asking for a free career consultation,” Jarvis says.

Check out the Academy of Learning’s open house on March 27, from 2-7 p.m. (all campuses) to learn more about the programs available.

For more information, please visit [academyoflearning.ab.ca](http://academyoflearning.ab.ca)



Our welcoming environment will encourage your growth



Learn more at [stmu.ca/grow](http://stmu.ca/grow)

CALGARY ALBERTA



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## STUDY HCA SKILLS AT ABES

Throughout the years, ABES (Alberta Business and Educational Services) has responded to its partners' and employers' demands for highly trained health-care aides.

Since 2001, the government of Alberta health-care aide program at ABES has graduated thousands of health-care aides in the Calgary area with employment rates always exceeding 90 per cent.

"This full-time, 21-week program will provide students with all the skills and practical experience necessary to work as a government of Alberta approved health-care aide," says Julie Wright, campus director, ABES.

All students complete a minimum of three different practicums during the program, which are arranged by ABES.

Graduates will be prepared to work as health-care aides in a variety of health-care areas, including hospitals, nursing homes, group homes, and home care.

ABES runs in partnership with Alberta Health Services, Calgary Lab Services, Alberta Human Services.

For more, visit [abes.ca](http://abes.ca).

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## ST. THOMAS MORE IS COMMITTED TO STUDENTS

For more than 75 years, St. Thomas More (STM) College has been offering University of Saskatchewan students a unique alternative when selecting courses in arts and sciences and engaging in the college experience.

"By providing an intimate scholarly setting within the University of Saskatchewan, students are given access to the best of both worlds — exposure to the dynamic intellectual stimulation of a large, thriving research intensive university while being a member of a

much smaller academic community that is equally stimulating in terms of promoting intellectual, personal and, if the student wishes, spiritual development," says STM president Terry Downey.

"As a liberal arts college, we are the only federated college at the university, offering over 200 U of S credit classes," Downey says.

The college has its own faculty, offering a wide range of courses in humanities and social sciences, along with program majors and minors not found

elsewhere on campus.

STM prides itself on small class sizes, high quality of student-faculty engagement, and an exceptional commitment to student services. Any student on campus may enrol in an STM class since all courses are available through the U of S PAWS registration listings. If students elect to self-declare as STM students they are eligible for additional college benefits, including an impressive range of scholarships and bursaries.

For more, visit [stmcollege.ca](http://stmcollege.ca).

## 'MEATING' NEEDS AT SAIT

To "meat" the needs of the industry, SAIT Polytechnic has added a new program that addresses changes in the butcher industry.

The new butchery and charcuterie management certificate program is the first of its kind in Canada and gives students a broad skill set that helps them understand where the product comes from, how to process it, and how to get the most value from it,

while giving them the chance to set themselves apart in the industry.

"Today, more and more product comes pre-cut, which frees up the butcher to work with customers and get creative," says Abe Vanmelle, SAIT instructor. "Our new program will teach communication skills so our graduates don't only prepare the product, but can also educate the customer about the product."

This one-year certificate program will teach students the comprehensive theoretical and practical knowledge of meat handling, including value-added butchery, carcass identification and breaking, and sanitation and management skills, all required for entry into Alberta's rapidly growing retail meat cutting, and charcuterie and culinary trade.

"Culinary elements will also bring out our students' creativity as they learn the art of charcuterie, make sauces, and prepare stuffed or seasoned proteins that are ready to take home and pop in the oven," Vanmelle says.

Graduates of the new butchery and charcuterie management certificate program may go on to pursue a number of diverse career options in the butchery, charcuterie and culinary field.

For more information on this new butchery and charcuterie management certificate program at SAIT, call 403-284-8612, or visit [sait.ca](http://sait.ca).



# GROW WITH ST. MARY'S UNIVERSITY COLLEGE

To highlight St. Mary's University College's welcoming environment, the school has launched a new creative marketing campaign called "Grow."

Developed by CrackerJack, this campaign captures the fact that when students feel welcomed in their post-secondary environment, they will grow and flourish on both academic and personal levels.

"The Grow campaign perfectly captures the essence of our university — that it is a place to grow into yourself as a person, and a place to grow up and out into the world as a connected citizen," says Dr. Gerry Turcotte, president, St. Mary's University College.

"This is the feedback that we've had from our students about their experience here, and from employers and community stakeholders about the type of graduates we produce. It's a wonderful message, and one that our new campaign captures perfectly."

St. Mary's University College offers degree studies in arts, education, science

and business in a welcoming environment to all students.

The imagery used in the campaign features various scenarios with a regular-sized professor and an incredibly tall student symbolizing the student's growth. This campaign is targeted at all prospective students — high school students, mature, and after-degree program students.

The campaign theme was developed after extensive research with students, faculty and staff at the university.

When asked why students choose St. Mary's University College for its post-secondary education, the prevailing response was that St. Mary's provides a learning environment that cares for and welcomes students.

Class sizes are small so professors know each student by name. St. Mary's is also a place where students feel they can grow, both personally and academically.

Using this research, CrackerJack developed the creative to support the message.



CONTRIBUTED

With the tag line, "Our welcoming environment will encourage your growth," together with a series of images of university settings where a student stands metres above a professor, the message comes across in a novel and striking way.

The Grow campaign will appear all

over the city of Calgary in various media, including newspapers, magazines, Calgary Transit ads, billboards, television, radio, and online.

For more informatoin about the St. Mary's University College campaign, visit [stmu.ca/grow](http://stmu.ca/grow).



## New to Canada ?

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Esthetics • Legal Assistant • Business Administration • Accounting & Payroll**

# Overnighters. Wake up to a new experience



Attending an overnight camp is seen as beneficial for a child's growth. RACORN/SHUTTERSTOCK

Is this your child's first year at a sleepaway camp?

While it may be harder on you as a parent than your child, here is how to prepare them for their time away.

## Know it helps them

The Canadian Summer Camp Research Project was recently completed out of the University of Waterloo and it's a three-stage process inter-

viewing camp directors, children and parents to determine what benefits came from attending overnight camps.

"What they and I have found is that although a day camp has some of the same benefits, being away overnight really emphasizes those benefits to the youth," says Gwen Dell'Anno, executive director of the Edmonton-based Alberta Camping Association. "It

helps solidify some of those life-changing decision-making processes. Even if it's just one week away in a community that's separate from their own community, it really causes a big change in kids."

## Start slow if you need to

Many sleepaway camps start at the age of eight years old.

"But some camps do a shorter overnight — so a two-night,

three-day one for younger kids to get them started," Dell'Anno said. "And some camps even do a family component where the family spends the weekend there. Often, if they are familiar with where they are going, it's not so scary to go away on their own."

## Buddy up

"It's certainly easier on the kids if they go with a buddy,"

Dell'Anno said. "But I wouldn't say if you don't have a buddy don't go. Because sometimes when buddies are insisted on, they end up sick of each other by the end of the week."

## FYI about the counsellor

Don't forget to reiterate to your child that their counsellor will understand what to expect at camp.

ASTRID VAN DEN BROEK

# SAIT SUMMER CAMPS

**DO SOMETHING DIFFERENT**

SAIT Polytechnic offers unique summer camps for youth heading into grades 4-12. With over 70 camps to choose from, each one designed to combine skill development with fun, there's an experience for everyone. We offer free before and after care as well as a camp bursary program. Register online at [saitsummercamps.ca](http://saitsummercamps.ca) or by calling 403.284.7248.

**FURTHER YOUR PASSION**

**Sait**  
POLYTECHNIC



Using various resources will make it easier for you and your child to choose a summer camp that is a good fit. AUREMAR/SHUTTERSTOCK

## Focus on your child's interests

ASTRID VAN DEN BROEK  
For Metro

There's baking camp. French camp. Soccer camp. Swim camp. How exactly can you pick what's right for your child?

Here's how to figure out where is the best place for your child to spend their sweet summer days.

## Ask around

Ask neighbours and other parents for camp recommendations. "Often that's your best bet, to get a first-person recommendation from somebody," says Gwen Dell'Anno, executive director of the Edmonton-based Alberta Camping Association.

You may even want to ask at your child's school — some home and school associations collect recommendations and put out lists of suggested camps. Some teachers even run camps in the summer-time.

## Get your child involved

"Bring them into the discussion about the types of programs they may be interested

in," says Derek Mitchell, president of the Halifax-based Camping Association of Nova Scotia & Prince Edward Island. Sounds obvious, but not all parents do it.

## Consider their interests

"If they are interested in something — a lot of girls, for example, want to go to horse camp — then you can pick, more specifically, a camp where they'll spend a lot of time with horses," Dell'Anno said.

That said, not every child has specific interests to pursue. "If they're not focused in on something they really, really want, pick a camp that has a wide range of activities," Dell'Anno said.

## Look for accreditation

"As the executive director of the Alberta Camping Association, we have standards that all of our member camps follow regarding safety, training, risk management and more," Dell'Anno said. "And since every province has a camping association, I'd suggest looking for the one in your province to look through their member camps."



**Curling**

## Homan dominates U.S. and Denmark at worlds

Canada's Rachel Homan downed Allison Pottinger of the United States 9-3 at the Ford Women's World Curling Championship on Monday in a game that lasted just six ends.

It was Canada's second quick win of the day after downing Denmark's Madeleine Dupont 8-4 in eight ends.

Homan and her Ottawa Curling Club team improved to 4-1.

Canada takes on Latvia and Scotland on Tuesday.

THE CANADIAN PRESS

**Suspected DWI**

## Colts owner released from jail

Indianapolis Colts owner Jim Irsay was released from jail Monday after being held overnight following a traffic stop in which police said he failed sobriety tests and had multiple prescription drugs inside his vehicle.

THE ASSOCIATED PRESS

**NHL**

## Roy returns to Montreal as coach

Patrick Roy was all smiles and positive vibrations on Monday on his first visit to Montreal as an NHL head coach.

The Colorado Avalanche coach and former Montreal goaltending great expects a warm reception from the fans when his team plays the Habs on Tuesday night at the Bell Centre. THE CANADIAN PRESS

# Melvin has goals beyond Madness



Melvin Ejim's family moved from Nigeria to Toronto just before he was born and he didn't get noticed by the countless street scouts who hover around the game until his mid-teens. JASON MILLER/GETTY IMAGES

**Basketball.** For Big 12 player of the year from Toronto, college is about education, too

It is refreshing in this age of one-and-done NCAA basketball stars — the high-profile teenagers who use a year in college as a pit stop on their way to untold NBA riches — to find the student-athletes who use as much collegiate time as they can.

They may end up in Europe or the D League or Asia — and on occasion they improve their games enough to find NBA employment — but they find a balance that sets them up for life as something other than a professional baller.

Toronto's Melvin Ejim, who has accrued any number of accolades at Iowa State University, is a case in point.

He has been a mainstay of the program for four years and no matter what happens in the March Madness tournament that begins this week, his overall impact has been significant.

"It's one of the best things that ever happened to this program is to have Melvin Ejim in a Cyclone uniform for

**Not all about the NBA**

"Law school, that's where I have my sights right now."

Toronto's Melvin Ejim, on his main goal in college, one that he should meet given his 3.7 GPA.

four years," Iowa State coach and former NBAer Fred Hoiberg said of Ejim earlier this month.

Ejim is indeed a throwback, a true senior who has stayed and thrived and become the face of a college program.

The Cyclones have been to March Madness in three of Ejim's four years there and he has been their standout player all season.

There was a memorable 48-point night — the highest single-game scoring outburst in Big 12 history against TCU last month — and Ejim finished his career 12th all-time in Iowa State history with 1,547 points and third with 1,007 rebounds.

At 6-6, he's a fine outside shooter (35 per cent from three) and a disruptive, if undersized, force in the paint. But whether or not Ejim has the skills to play in the NBA is very much in doubt.

Ejim, according to those who know him, is a grounded 23-year-old fully aware that professional basketball may not be in his future. There are hundreds and hundreds of college players who dream only about becoming professional, Ejim is not one of them.

"I'm in school — my primary goal is to get my education," Ejim told the Des Moines Register. "When I'm not doing that, I'm playing basketball."

Added Hoiberg: "Melvin's a heck of a lot smarter than I am. He gets better grades than I ever got. He's what participating in college athletics is supposed to be about."

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# 4 SPORTS

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## Horoscopes

### Aries

March 21 - April 20

Put your heart and soul into what you are working on. No matter how much natural talent you may have what makes you stand out from the crowd is your enthusiasm.

### Taurus

April 21 - May 21

Someone in a position of authority will ask you to do something for them today and you should agree. You may not be in the mood to work harder but later you will see how much it benefited you.

### Gemini

May 22 - June 21

If you get the chance to travel today you must take it. Venus and Uranus combine in such a favourable way that the more you are on the move the more fun you will have.

### Cancer

June 22 - July 23

Listen to what your conscience tells you today and ignore anyone who gives you conflicting advice. Too much of what others say is based on fear and ignorance. Listen to your heart.

### Leo

July 24 - Aug. 23

Give partners and loved ones room to be themselves. If you try to restrict their movements you will succeed only in making them more rebellious.

### Virgo

Aug. 24 - Sept. 23

No matter how irritating certain people may be you must not let them get under your skin. You need to relax and let life happen. The more you try to force things the more others will try to annoy you.

### Libra

Sept. 24 - Oct. 23

Venus, your ruler, links nicely with changes planet Uranus over the next 24 hours, which means you must be more adventurous. Both creatively and romantically you should take more chances.

### Scorpio

Oct. 24 - Nov. 22

According to the planets you are thinking too much about the past and not nearly enough about the future. Your task today is to switch your attention away from what was and toward what could be.

### Sagittarius

Nov. 23 - Dec. 21

If there is something you want to tell the world, something you think it should know, shout about it as loudly as you can. Make sure you get heard.

### Capricorn

Dec. 22 - Jan. 20

At some point today you will discover that your money situation is not as bad as you thought it was and that will cheer you up immensely. But it is not an excuse to go on a spree.

### Aquarius

Jan. 21 - Feb. 19

Today's link between values planet Venus, currently in your sign, and your ruling planet Uranus will encourage you to believe that life is good and getting better by the minute.

### Pisces

Feb. 20 - March 20

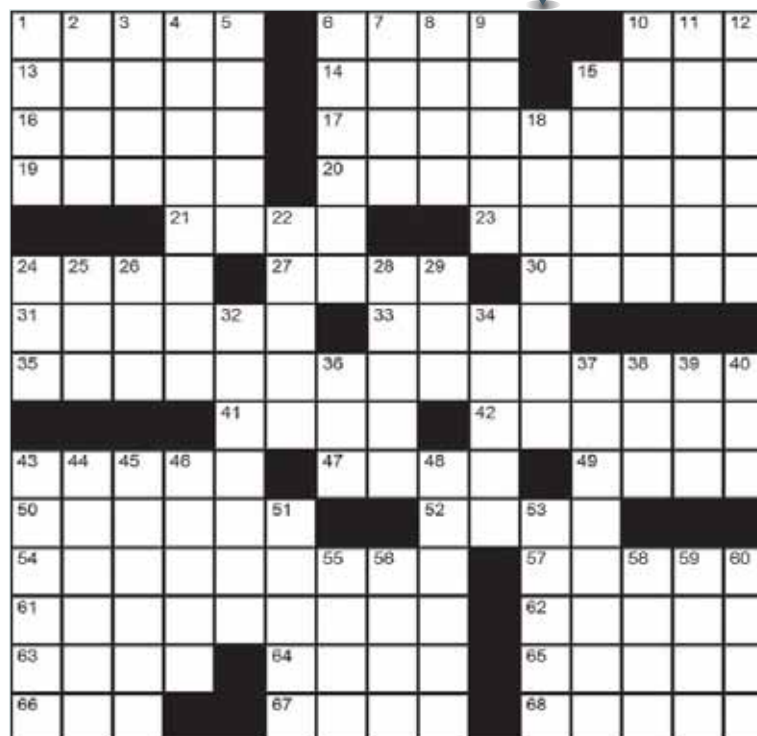
If there is someone you have admired from afar but, for one reason or another, have been reluctant to approach, now is the time to let them know that you like them. According to the planets they may well have feelings for you too.

SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. \_\_\_ Falls (High waterfall on Vancouver Island)
6. "Who's the Boss?" role
10. Swimming length
13. Stave off
14. \_\_\_ 6:00am
15. Bona \_\_\_
16. Hairstyle bangs, sometimes
17. Etobicoke, ON-born star of CTV's "Spun Out": 2 wds.
19. View, Bible-style
20. Bertram Brockhouse's occupation (Canadian who got a Nobel Prize in 1994)
21. '60s concert film, "\_\_\_ Show"
23. Loyal about: 2 wds.
24. \_\_\_ B'rith
27. Prefix to 'ferous' (Conveying air)
30. German industrial city
31. St. John's born humourist Rick
33. Patron saint of Norway
35. Type of show
- #17-Across is: 2 wds.
41. Stroll
42. Excused from
43. Marx Brothers, just one
47. Indigo
49. \_\_\_ Rage (Performance enhancers-user's anger)
50. "Sources told me



- that...": 2 wds.
52. Drug deal buster, for short
54. North Atlantic overfishing depletes them: 2 wds.
57. Surpass
61. Ruthless
62. \_\_\_ Pendragon (King Arthur's father)

63. Some, in French: Quelques-\_\_\_
64. Comic actor Eric
65. Upside-down-triangle sign
66. Celeb couple's caught-by-paps moment
67. Ooze
68. Sir Coward's

### Down

1. Stealing birds
2. "A Letter for \_\_\_" (1946)
3. Shake off
4. Avon product
5. Temple sanctums of ancient Greece
6. Wet earth created

'dessert': 2 wds.

7. Bright fish
8. Old \_\_\_ (Clothing chain)
9. "This is \_\_\_ this is only..."
10. Water \_\_\_ (Flowers in Monet paintings)
11. "\_\_\_ Fideles"
12. '60s series, "\_\_\_

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

- Place"
15. Concentrate
18. Web browser name
22. "Canada AM" health expert, Dr. \_\_\_ Shapiro
24. Snazzy-lettered car
25. Prefix to 'classical'
26. Airport screen abbr.
28. \_\_\_ '\_\_\_ Roll
29. Island: French
32. Adele's "Rolling in the Deep" co-song-writer, Paul \_\_\_
34. High-speed Amtrak train
36. Mode's intro: 2 wds.
37. Romeo and Juliet character
38. Music genre
39. Printer resolution meas.
40. Financial rpt.'s 'until now'
43. Small setback
44. Elvis bit: "You ain't nothin' but \_\_\_ dog..."
45. Tetley product aka Rooibos: 2 wds.
46. Histories
48. Shoe part
51. Showbiz legend Ms. Day
53. \_\_\_Noranda, Quebec
55. Postal \_\_\_
56. Produce product
58. Bible pronoun
59. Computers name
60. Sequences, for short

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku

3	1	8	6	4	5	9	7	2
2	9	4	3	7	8	1	6	5
5	7	6	2	1	9	8	3	4
6	5	2	1	8	3	7	4	9
9	3	7	5	2	4	6	8	1
4	8	1	7	9	6	5	2	3
1	4	9	8	6	2	3	5	7
7	6	3	4	5	1	2	9	8
8	2	5	9	3	7	4	1	6

	4	2				6		
			5	2				3
7					9			5
		5	4		8		3	
	3			7			8	
	9		6		3	7		
3			2					9
8				9	1			
		9				8	6	

## Weather

TODAY



MAX: 5°  
MIN: -4°

WEDNESDAY



MAX: 7°  
MIN: 0°

THURSDAY



MAX: -3°  
MIN: -12°



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